



FACE A FEAR



# Help me face a fear

Heart and circulatory diseases kill 1 in 4 people in the UK. If we are going to beat heartbreak from these diseases, we need to be brave. Really brave. That's why I'm asking you to sponsor me to face my fear. Please help me turn courage into cash to support lifesaving research!

Name:

My fear:

I'll be facing it by:

Please sponsor me at: [justgiving.com/yourpage](https://justgiving.com/yourpage)



£5 could help a BHF cardiac nurse provide a lifeline of support to a heart patient



£10 could help provide researchers with one day's worth of essential laboratory kit



£50 could help a cardiac nurse on the BHF Heart Helpline give life-saving information

[bhf.org.uk/faceafear](https://bhf.org.uk/faceafear)

# Please sponsor me and help me be brave to Face a Fear.

Please fill in the form with the amount you're giving and your home address. If you're a UK tax payer, please tick the Gift Aid box and each £1 you donate will be worth 25p more. Hooray!

Full name	Home address	Postcode	Gift Aid*	Sponsorship amount	Date paid
e.g Joe Bloggs	My house, my street, my town	SW18 4LW	<input checked="" type="checkbox"/>	£20.00	
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**Date donations given to BHF:**  
/ /

**Total donation:** £

## Need another form? Download more at [bhf.org.uk/faceafear](http://bhf.org.uk/faceafear)

\* If I have ticked the box headed 'Gift Aid', I confirm that I am a UK Income or Capital Gains taxpayer. I have read this statement and want BHF to reclaim tax on the donation detailed above, given on the date shown. I understand that if I pay less Income Tax/or Capital Gains tax in the current tax year than the amount of Gift Aid claimed on all of my donations it is my responsibility to pay any difference. I understand the charity will reclaim 25p on every £1 that I have given. Please let us know if you want to cancel the declaration, change your name and/or address or no longer pay sufficient tax on your Income and/or Capital Gains.

**Data protection** You can change the way you hear from us or withdraw your consent at any time by emailing [supporterservices@bhf.org.uk](mailto:supporterservices@bhf.org.uk), calling 0300 330 3322 or writing to British Heart Foundation, Lyndon Place, 2096 Coventry Road, Sheldon, Birmingham, B26 3YU.

For more information please have a look at our Privacy Policy at [www.bhf.org.uk/privacy](http://www.bhf.org.uk/privacy)

**Make cheques payable to British Heart Foundation. Please don't send cash in the post.**

**Please send your completed form to:** FREEPOST RTLE-BGYB-JBAX, Face a Fear, British Heart Foundation, Lyndon Place, 2096 Coventry Road, Sheldon, B26 3YU.